

g streak

December 1, 1990

opponent. The women rallied from a point halftime deficit and went on to both "revenge" and the trophy.

"We are a great second half team," said Joline Lyle, "even though we are ahead, so when I knew I took the lead, I knew we were over...history."

Dawn Bauer led the Crusaders 16-22 points, Jennifer Brotzman 16-21, Kraemer 10, Clarke outrebounded 43-29 on the boards with Lyle and man both snatching 12 rebounds. Brotzman was voted Tournament MVP and teammates Bauer, Lyle, Kraemer and Tina Kuhle joined her on the all-tournament team.

er scheduled

staff to progress to the dining room. When all people are seated, the ceremony will begin. Dubuque's Archbishop Kuchera will lead the procession and will be followed by Rev. Chamberlin, Lady Catherine Dixon, chaplain and abbess, Clarke Student Association officers and the singers. The court and its subjects will be serenaded by Musica Antiqua, a Renaissance band from Ames, Iowa.

The first section of the dinner is the presentation of the Yule log. In the days of the last madrigal dinner, it's said the lighting of the log is from the days when druid priests used it as a blessing or peace symbol. In the Christian interpretation of this symbol, it is the light of the world, God's fire.

The next three presentations will be filled with high drama and pomp and circumstance. Listen to the jester, portrayed by Paul Huck, and Lord Chamberlin, played by Larry Wilcox.

After dinner a New Year's dance will follow in the Atrium.

Dinner tickets should be turned in so that student activities can keep a per count of those who attended.

an as a student. But as a Mayo Nurse an most hospitals could teach you strong commitment to help our staff learn even head is assigned an experienced RVN. Transition from school to hospital work lines classroom skills with necessary seminars and practicums. There's even tuition professional meetings and seminars involved in patient education. We also and care coordination package. We also salary, benefits package and flexible

On Feb. 15, the Student Affairs office will sponsor the Doris Ward Workshop Chorale. The workshop will be held at 8 p.m. in Jansen Music Hall and will feature Gospel music.

According to Scott, many students believe that CSMO is only for minority students. However, the purpose of the organization is to involve the entire Clarke community in dealing with the problems of racism and discrimination. She said CSMO activities and events are one way to create awareness on the campus and the February events are designed to provide entertainment and opportunities for social interaction.

For further information about Black History month, contact any CSMO member.

6057

Black History Month

CSMO organizes cultural activities



Artwork by Victor Stribling

by Heather Gilmore

The Clarke Student Minority Organization was established in October 1988 as a forum to discuss racism on the campus and in the community. One of the purposes of the organization is to make members of the Clarke community more aware of minority students and their concerns.

During February, the focus of CSMO is Black History month, a celebration of African-American culture and history. According to Donna Scott, president of CSMO, Clarke first celebrated Black History month in 1989.

Activities have been planned throughout the month of February to encourage students to get involved in the celebration.

CSMO will sponsor a moviefest on Feb. 2 in the union featuring "Mo' Better Blues," "Glory" and "Mississippi Burning."

On Feb. 6 at 7:30 p.m., Dr. Carl Allsup, professor of multicultural studies at the University of Wisconsin-Platteville will speak in Jansen Music Hall. He will discuss racism on the college campus and will offer suggestions for dealing with societal pressures. A reception will follow the lecture.

CSMO activities are planned by the executive board. Working with Scott are Mary Detert and Aliston Thomas who share the position of vice president. Jenny Clasen serves as secretary, Antoine Jones as treasurer, and Tara Thames as public relations representative. Takada Dixon and Dionne Mills coordinate activities. S. Patricia Nolan and S. Virginia Spiegel serve as advisors to CSMO.

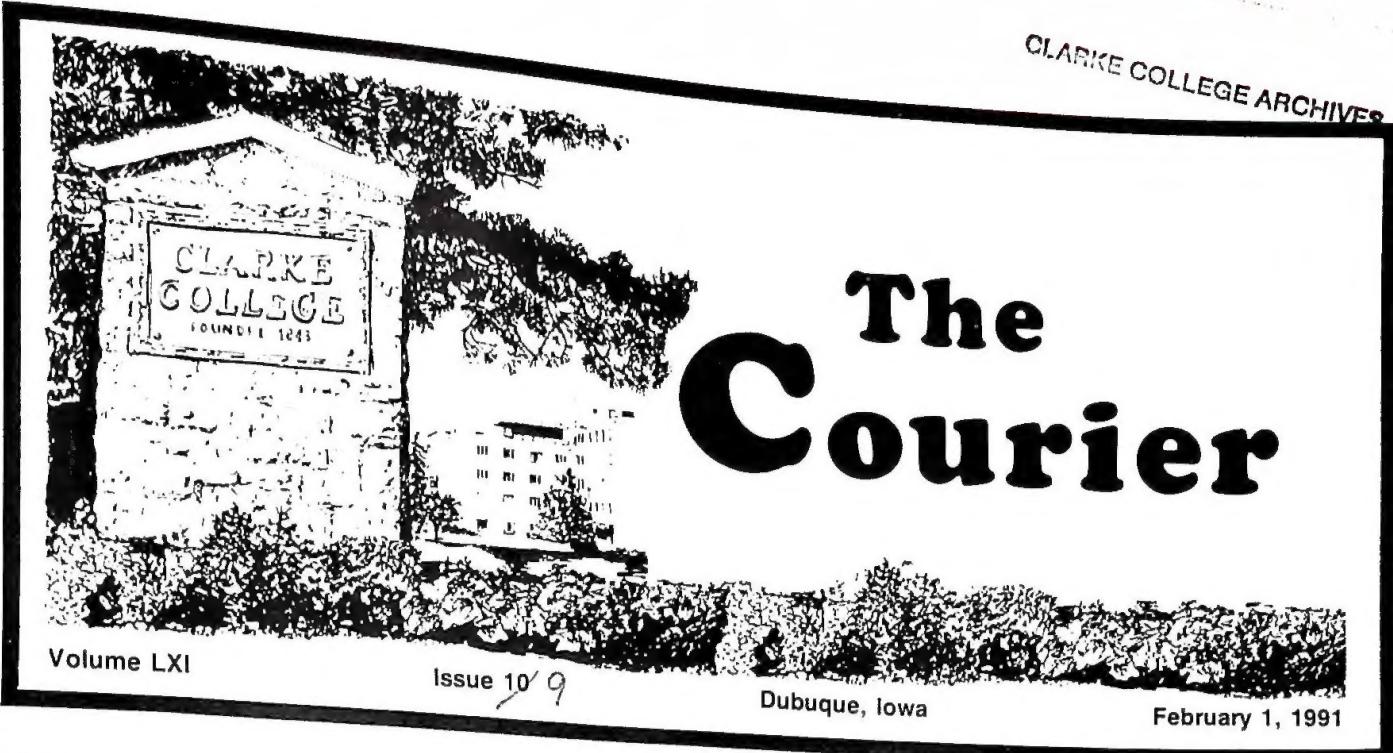
A special dinner will be served during normal cafeteria hours on Feb. 11 so that students will have the opportunity to taste a variety of African-American dishes.

On Feb. 13 at 6:30 p.m., the movie "Eyes on the Prize: Civil Rights Movement" will be shown in the Student Union. Since tri-college involvement is important to CSMO, scheduled events will also be publicized on the University of Dubuque, Loras College and University of Wisconsin-Platteville campuses.

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Vigil, teach-in held

Clarke reacts to war

by Pat Eichhorst

Minutes after reports were aired that war in the Persian Gulf had become a fact, the Clarke community reacted. A number of activities marked the public response; other individuals continue to react privately.

On the evening of January 16, Clarke College students and faculty members gathered to pray for an early end to the hostilities. S. Kathleen Carr, director of campus ministry, said the focus of the peace vigil was to promote "a greater understanding of people of different cultures and religions throughout the world."

Organized by Kathleen King, a junior, freshman Roger Fuhrman, and Carr, the vigil drew over 100 students, faculty and members of the Dubuque community. Carr said there were a number of readings, musical selections and prayers for the troops and all those who are affected by the war. The vigil ended with the participants singing "Peace Shall Overcome."

The following evening, four Clarke College staff members spoke about ethical, political, economic and personal concerns that dictate against war. Norm Freund, professor of philosophy, estimated that between 110 and 150 people attended the panel discussion, including at least one-third of the Clarke faculty.

History professor Michael Anderson discussed political ramifications and said that, historically, wars, with the exception of World War II, have divided, not united, the country. He believes that the division will become wider as the war continues.

Freund spoke about pacifism and the just war, the two great Western, Judeo-Christian thoughts on war.

He said that in the fifth century, St. Augustine put forth the concept of the just

war, stating that a war must meet seven criteria in order to be just. The Gulf war fails to meet at least two of the criteria. It is not a last resort and the comparative justice of each side has not been considered.

In speaking to the personal aspects of the war, Carr expressed concern about the maligning of Arabs and Muslims. She warned against "looking for another scapegoat" now that the threat of Cold War has diminished.

Dirk Voetberg, instructor of business, discussed the economics of war and said that while a long war might increase employment, it would probably also raise interest rates. He warned against viewing the current war as a way of "propping up" a declining economy.

Freund and Voetberg, both conscientious objectors during the Vietnam War, planned to hold an informational meeting about applying for conscientious objector status.

Freund said that literature on the subject had been available in the Wahlert Atrium in December and that 25-30 people had expressed an interest at that time. He anticipates more interest now, since the draft "may be a problem if the war drags out."

He said that a person "basically must be against all war" in order to be considered a conscientious objector and emphasized that it is important for an individual to have documentation of his status on file before receiving a draft notice.

S. Virginia Spiegel, counselor and assistant professor of psychology, said, "Contacts during the first week of the war made me aware of how drawn in many students were with media coverage. People are trying to keep a balance between living and what's happening in the world but it is difficult to pull away and carry on."

Spiegel said some students are finding the war worrisome and depressing and said that while there are no support groups on campus, there are a number of regional support groups. She urged anyone interested in forming a group on campus to contact the counseling office.

Spiegel sees the attitude toward the troops as the biggest difference between the Vietnam War and the current conflict. She said that, in general, even those who condemn the war are supportive of the men and women who are fighting in it.

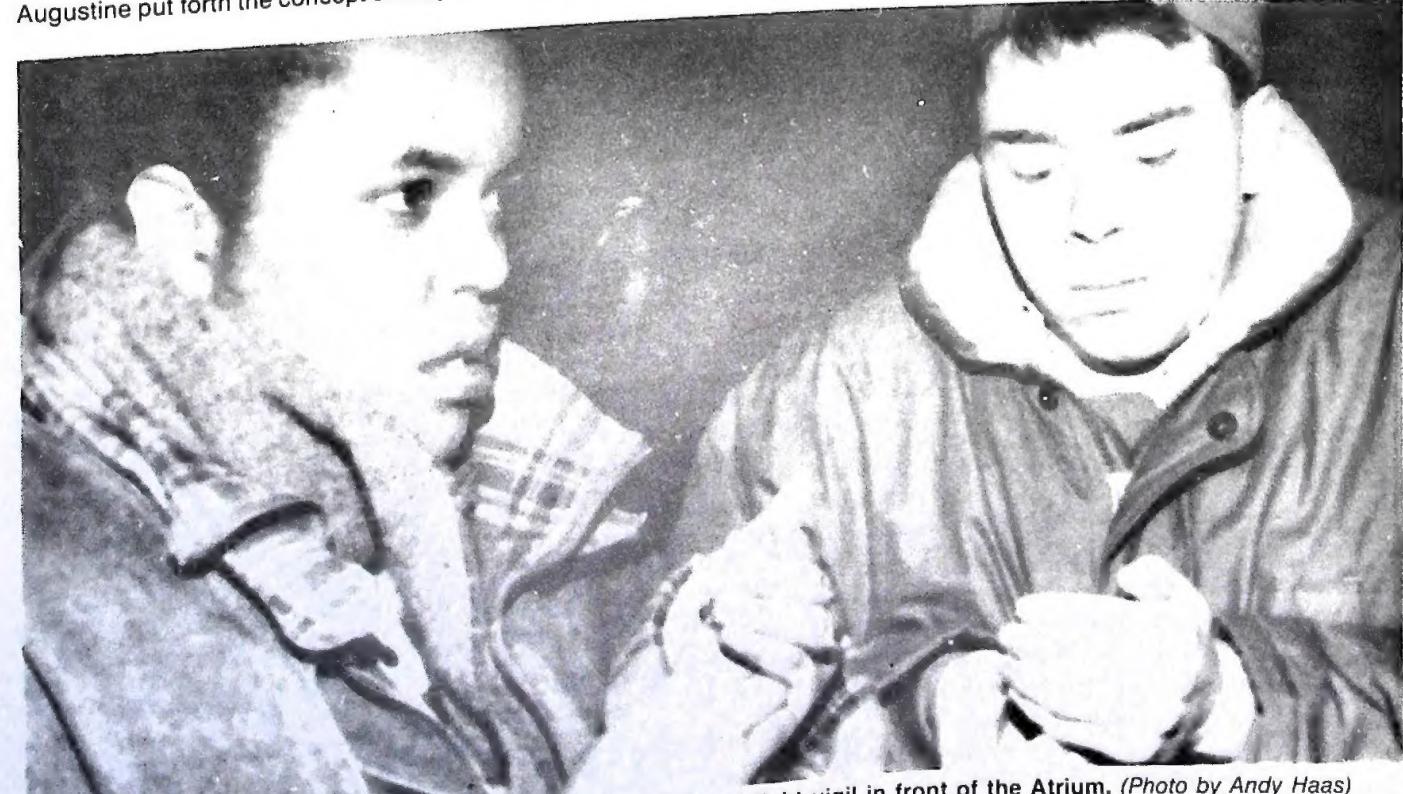
Carr agreed, saying that one reason she hopes for an early end to the hostilities is that it would bring more troops home safely.

She said that a strong segment of the student and faculty population who are opposed to the war have tied into the greater Dubuque movement toward peace in the Middle East. They are involved in making the Clarke community aware of upcoming protests and events so that "those who want to be involved can be."

She added, "Many protests are based on the idea that peace will not come with violence, that peace must be achieved by peaceful means."

Carr emphasized that while most events so far have been organized by people who oppose the war "the college is not limiting meetings to those that are anti-war." Students and faculty members who support the war are welcome to plan meetings, rallies or events to promote their viewpoint.

Carr is encouraging people to stop in the chapel to pray for peace, for the safety of the troops and for the families and friends of those involved in the conflict. She also asked that people post names of loved ones serving in the Gulf on the bulletin board outside the chapel so that they can be remembered specifically in prayer.



Rachel M. Bell and Tom Pernecke pause for peace at a candlelight vigil in front of the Atrium. (Photo by Andy Haas)

Opinion

Commentary

Patriotism alive among students

by Rachel Boll

During the past few weeks, patriotism has come back to life in our country. This is especially evident in the attitudes of the students here at Clarke College. They have joined together to show their patriotism in a number of different ways.

Some students wear yellow ribbons on their clothing as a silent reminder of their hope that a family member or loved one will come home safely. Others voice their displeasure with the war by calling for peace and still others support the president and our troops in the Middle East.

Diet tips provided

by Lynn Siegrist R.N.

This is it...the year you really will shed 10 pounds, trim those thighs, get a more supple body. The reason? The following diet-tips. Being overweight is the result of an imbalance between the food you consume and the energy you use. More importantly, however, it is a learned response and as such can be changed. We all get hungry as this is a signal that the body needs energy. Unfortunately, however, most people cannot distinguish hunger from appetite. Put simply, hunger is eating to live while appetite is eating to eat. The first thing you must begin to question is whether you are really hungry or whether something within you or your environment has triggered your appetite. It sounds simple, but if you can learn to discriminate between hunger and a psychological urge for food, you have achieved a major milestone.

How to begin? Set reasonable and flexible goals. If repeated failures occur, you should reassess the goal. It may be too ambitious at this time. Do not ever consider this as failing but as part of the learning process. The goal is a challenge and, if reasonable, you will achieve it. When you reach your goal, remember that self-rewards are an important aspect of your commitment to new eating habits. Self-rewards, however, should focus on improved behavior rather than on weight loss itself. If these rewards are given for the loss of pounds rather than a change in habits, the habits will remain and the pounds will return. These self-rewards can be anything you want except food. Be creative.

Be aware of the connection between emotions and eating. Just think for a minute of the times you have forgotten to eat because you were having an enjoyable time and feeling happy. Unfortunately, the opposite is also true. Boredom, or eating because there's nothing else to do, is a common problem. Think of the times in your day when you are bored and plan activities to avoid it. You also may seek food as a means of unwinding. But remember, the relaxing effect is only temporary and the pounds gained will cause more anxiety and overeating.

The following is a list of suggestions that may be beneficial in making you aware of your eating habits. Your goal is not only to take the weight off, but to keep it off.

- Shop only from a prepared list.
- Shop only after eating.
- Keep a boring refrigerator.
- Do nothing but eat when you eat.
- Eat from a small plate.
- Deliberately set your fork down between each bite.
- Write down what you will eat and the calories before you eat.
- Use stairs instead of elevators and escalators.
- Park in the space farthest away at the shopping center—not the closest to the door.



Sit-in

Students Jodie Justesen and Meghan McCarthy hold a silent protest in the Atrium against the conflict in the Middle East. (Photo by Andy Haas)

Announcements, Briefs and Coming Events

Budgets must be delivered to switchboard by 5 p.m. Feb. 1.

abc

A dance will be held Friday, Feb. 1 in the Student Union from 8 p.m. until 12 midnight. Remember to wear white so you will glow.

abc

CSMO will sponsor a movie fest in the Union, featuring the films "Mo' Better Blues," "Glory" and "Mississippi Burning."

abc

The women's basketball team will play Marycrest at 5:30 p.m. at Dubuque Senior High School followed by the men's game at 7:30 p.m.

abc

The men's basketball team will play Rockford College on Feb. 3 at 7 p.m. at Dubuque Senior.

abc

A yearbook meeting will be held Feb. 5 at 8:30 p.m. in the Union. There will be free pizza and pop and a staff photo will be taken. Josten representative Jay Anderson will be present.

abc

Dr. Carl Allsup will be giving a lecture on "Racism on College Campuses in the Jansen Music Hall on Wednesday, Feb. 6 at 7:30 p.m.

abc

On Thursday, Feb. 7, the women's basketball team will play Rockford at the University of Dubuque at 7 p.m.

abc

Pom poms squad will be taking orders in the cafeteria from Feb. 4-12 for flowers to be delivered on Valentine's Day.

abc

Celebrate Valentine's Day by placing a personal ad in the Courier. Send your friends, loved ones and those you admire Valentine greetings. For more information, please contact Rachel Bell, ext. 466, by Tuesday, Feb. 5.

abc

International Publications will sponsor a national college poetry contest open to all college and university students desiring to have their poetry anthologized. Cash prizes will be awarded for the top five poems. The deadline for entering the contest is March 31. For contest rules, send stamped envelope to International Publications, P.O. Box 44044-L, Los Angeles, CA. 90044.

abc

Anyone interested in purchasing a yearbook must pay their \$20 fee to Student Accounts.

abc

Photos and stories for the yearbook about any activity this year may be submitted to the yearbook, box 1100, by Friday, Feb. 15.

It's a Matter of Life and Breath

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Sports

Students ski Crested Butte

by Liz Klinger

On January 2, 17 students left on a 21 hour trip to Crested Butte, Colo. for a week of skiing.

The trip was organized by Tricia Gloeckler, ski club president and Jim Wachtel, ski team member, through the National Collegiate Ski Association.

The NCSA, in cooperation with the Crested Butte Ski Resort, sponsored the college ski week and offered special ski rates for skiing and accommodations. Other activities, either at the resort or in Crested Butte, included a dance with live music, a chili lunch, National Standard Timed Races, and a "night on the town." Wachtel, who placed third in one of the NASTAR races, said that a total of 600 students from 20 to 30 colleges participated. Snowmobiling, horseback riding and hiking were offered at an additional cost.

The Clarke group which included Rachel Bell, Mitch Drolema, Gloeckler, Andy Haas, Liz Klinger, Molly Menke, Brian Shaw, former Clarke student Meredith McCarthy and eight others, stayed at the Chadlington House, a condominium complex that was built in 1974. Mini buses transported skiers to the slopes and to the 100-year-old mining town of Crested Butte, located 1.5 miles away.

Mt. Crested Butte provided color coded maps of the ski slopes to show skiers the variety of runs available. "The thing that lets you know it's a double diamond run, which is for expert skiers, is the fact that the snow beats you down the hill," explained ski team member Haas. "Every time we made a turn, Mitch and I could see our snow rushing down before us. The only thing that was frightening was the rocks coming out of the snow," added Haas.

The area received 18 inches of snow

within the first few days of the students' stay so skiing conditions were favorable. "Skiing in knee deep powder was a tremendous challenge but a lot of fun in the long run," Drolema commented.

The less experienced skiers took a lesson before tackling the slopes. "When I finally got my skis on," Bell said, "I was

amazed that I could move and that I remembered how the things worked. It had been almost ten years since I had skied.

"The highlight of the trip was going 1.9 miles above the base area. Making it down most of the terrain wasn't as hard as it was trying to navigate the bunnyhill where I almost wiped out kiddie skiers and a couple

of trees," said Bell.

The students returned to Dubuque on January 9. Wachtel said that he was pleased with the accommodations and the variety of skiing terrain. "The trip went flawlessly," said Wachtel.

Gloeckler added, "I would do it again in a minute."



Clarke students gather one last time at Crested Butte's Chadlington House condominiums before leaving for Dubuque.

Clarke takes on Mt. Mercy

by Patrick J. Sweeney

The Clarke College basketball teams hosted the Mount Mercy Mustangs on January 16 at the Wahlert High School gymnasium.

The Crusader men played a fast paced opening game against the Mustangs and came out on top with an 87-83 victory.

The second game of the twin bill featured the Lady Crusaders and the Mustang Women of Mount Mercy. The Clarke women kept the game close early on but the Mustangs pulled ahead for a 100-55 victory.

The Clarke men let the early game stay close but pulled away for a 46-38 halftime lead. The Mustangs came out for the second half on fire, while the Crusaders started slow. The Clarke men had difficulty all season sustaining a first half lead at the start of the second half.

The Crusader men lost the services of their leading rebounder, Marc Gaber, in the first half to an ankle injury but Chris Whetstone filled the void and came through with the extra effort the Crusader Men needed.

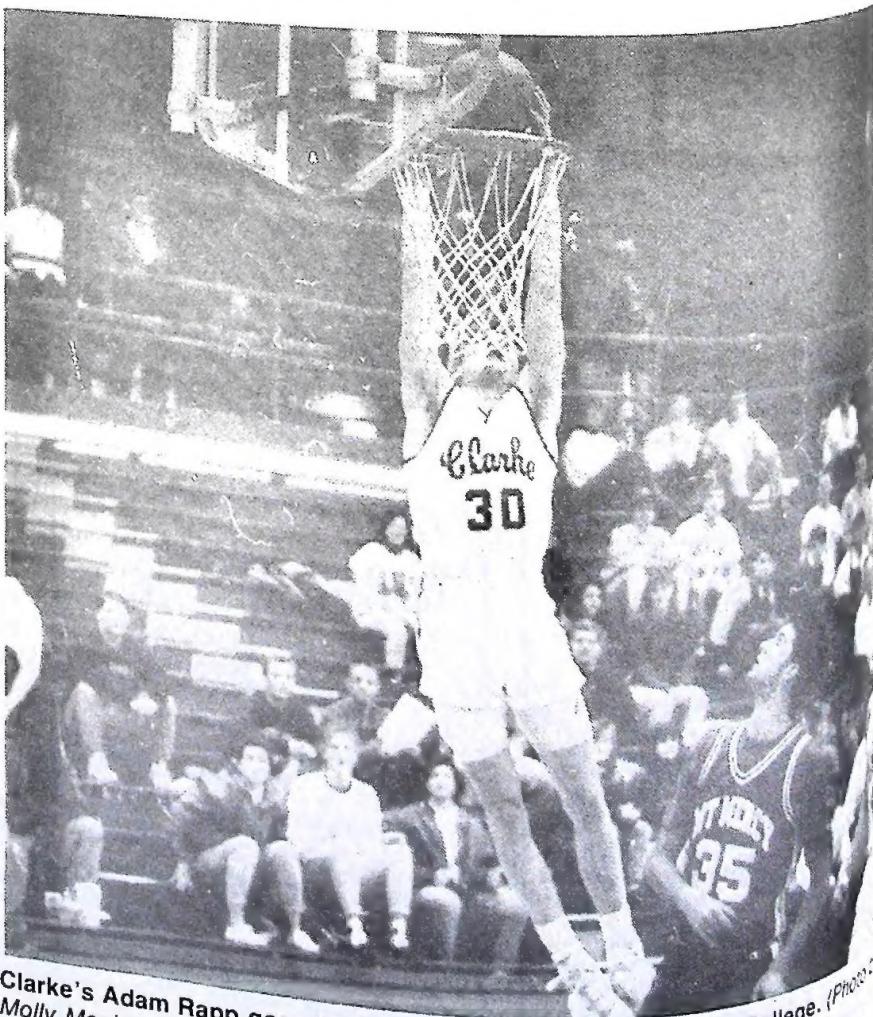
Whetstone cranked up his inside game

to score a team high of 25 points. Mount Mercy narrowed the margin in the closing minutes but a three-point play by Whetstone and a pair of free throws by Torris Winston closed out the scoring for a victory.

The Lady Crusaders finished the first half down by only 17 points but the Mustangs

defense proved too effective for the Clarke women in the second half as Mount Mercy came away with a 45 point victory.

Kristin Kraemer led the Lady Crusaders in scoring with 19 points. Tina Kuhle was next with 13, and Joline Lytle scored 11 points.



Clarke's Adam Rapp goes in for two points against Mt. Mercy College. (Photo: Molly Menke)

Alumnus oversees CAST

by Ellen Fitzpatrick

As an assistant director of admissions, admissions counselor and overseer of the Clarke Admissions Student Team, Tracy Virgil keeps busy at Clarke.

Virgil, a 1989 Clarke business ad-

ministration graduate, is in his second year as admissions counselor recruiting prospective students.

Virgil was very active during his student years and feels that Clarke was a big influence, not only educationally, but socially and spiritually as well.

Virgil, a recruiting counselor for the Minnesota and Chicago areas, travels to high schools and college fairs encouraging students to attend Clarke.

When he is not on the road, Virgil is communicating with prospective students by mail or phone and overseeing CAST. "I enjoy working with people and helping them make decisions—especially in education. I believe education is the most important factor in everyone's lives. I try to give advice students can benefit from and help them throughout their lives," he said.

One of the hardest things for Virgil was the transition from student to full-time employee. "The adjustment was very hard for me," Virgil said, "because of the time I spent with my friends. Before, it was so easy to hang out in the dorms and do as I pleased. Now, things have changed



Tracy Virgil

Gulf

of Pat Eichhorst. With war in the Persian Gulf in its fourth week, most Clarke students either strongly support or oppose it. There is little strong among members of the student body, according to Susan Vondran, 36, and Julie Kight, 19.

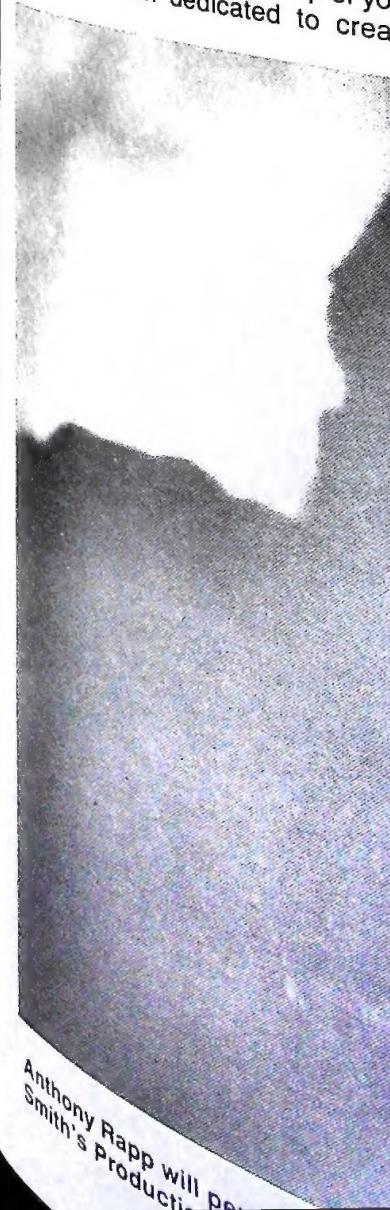
Production two-man play

by Pat Eichhorst
Mr. and Mrs. Smith's Productions present two performances of Pamell's play, *Scooter Thomas Makes the Top of the World*, this weekend in Alumni Lecture Hall. Performances will be at 8 p.m. and Saturday at 7 p.m.

There is no charge for admission. It is a two-person play performed with minimal staging on a three-level platform.

The play concerns two teen-age best friends, one of whom has died. It is a coming-of-age and how death plays a part in their lives.

The production company, formerly known as the Young Artists' Cooperative, was organized less than two years ago by Anthony Rapp and Keith Bunin. They while attending New York University decided to bring together a group of young men and women dedicated to creating



Anthony Rapp will play the lead role in "Scooter Thomas Makes the Top of the World" at Clarke College. (Photo: Molly Menke)